

National Bird Day at Sonya Lodge Residential Care Home



National Bird Day was on the Friday 5 January and we love nature here at Sonya Lodge Residential Care Home.

We started the morning with a **spot of birdwatching** from our lounge windows; we spotted a robin red breast, a magpie and a pigeon!

Later, our ladies and gents enjoyed doing some **bird-themed colouring**, using different types of bird and nature scenes, this was very therapeutic and relaxing.

In the afternoon, it was time for **bird bingo**! We love bingo and we like to theme it to national days. We all gathered around and waited for the caller. **Prizes of chocolate** were presented to our winners, and everyone who took part, at the end.

What a fun and relaxing way to spend National Bird Day!